



DEPARTMENT OF THE NAVY
NAVY RECRUITING COMMAND
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MILLINGTON, TN 38054-5057

COMNAVCRUITCOMINST 6110.2B (HDQ)
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COMNAVCRUITCOM INSTRUCTION 6110.2B (HEADQUARTERS)

From: Commander, Navy Recruiting Command

Subj: HEALTH AND FITNESS ENHANCEMENT PROGRAM

Ref: (a) OPNAVINST 6110.1

1. Purpose. To establish policy for administering the Command's Health and Physical Training Program.

2. Cancellation. COMNAVCRUITCOMINST 6110.2A. Due to numerous changes, marginal notations are not included. This instruction should be reviewed in its entirety.

3. Background. Reference (a) establishes the physical fitness requirements and standards for all military personnel and procedures for administering the Physical Fitness Program.

4. Policy

a. Military personnel are required to maintain personal physical fitness by regular exercise and proper nutrition. All military personnel will be involved in a year-round physical readiness program consistent with the standards described in reference (a).

b. The Physical Readiness Test (PRT) will be administered during the months of April and October each calendar year. A make-up test will be scheduled for those personnel who were on leave or travel. Personnel will be allowed to take the PRT only once.

c. All personnel are required to complete a Physical Activity Risk Factor Screening Questionnaire and be screened by medical, if required, prior to the actual date of the PRT.

d. Per reference (a), members who fail a body composition assessment or any portion of the PRT or score satisfactory marginal are required to be on a supervised Fitness Enhancement Program (FEP) until they pass two regular PRT Cycles. Personnel assigned to the FEP will participate in mandatory physical

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training a minimum of three times a week (Monday, Wednesday, and Friday) at the time and location designated by the Command Fitness Leader (CFL). FEP personnel will be tested and evaluated periodically to determine the overall effectiveness of the program. PRT coordinators are responsible for personnel under their cognizance, unless otherwise directed by the CFL.

e. Personnel on FEP that pass the next regular PRT and body composition assessment with a score of Good High or better will be allowed to perform their own workouts with the approval of their chain of command. These personnel will be monitored monthly to ensure they continue to meet body composition standards and can still obtain scores of Good High or better. Those who show an increase in body composition or score below Good High will return to supervised mandatory training in the command FEP.

f. Personnel assigned to the FEP will ensure the CFL coordinator is informed of their status at all times. Provide the proper documentation for medical conditions which may preclude or limit an individuals participation in mandatory PRT and keep the CFL informed of any other military or personal responsibilities that may require them to be excused from a session (i.e. duty, funeral detail, TAD, leave).

5. Enrolling in a Weight Management Program. The Shipshape program provides personnel with basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight and body fat percent within Navy standards.

a. Personnel that exceed body composition standards will be encouraged to attend the Shipshape Program at the Branch Medical Clinic, Naval Support Activity, Millington.

b. Personnel who desire to attend this program should submit a Special Request Form, NAVPERS 1336/3 to inform their chain of command.

c. Personnel that exceed the Navy weight and body fat standards a second time will be required to attend Shipshape.

6. Action

a. The CFL will be appointed by the Chief of Staff and be responsible for the overall administration and management of the Health and Fitness Enhancement Program per reference (a). The

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CFL shall maintain records of attendance and individual progress of personnel on the remedial PRT and submit a monthly report to the Chief of Staff and Command Master Chief.

b. The Assistant CFL will assist in the overall administration and management of the Health and Fitness Enhancement Program per reference (a).

c. Department Directors shall appoint an E5 or above as their Departmental PRT Coordinator. All departmental representatives are required to be within standards and have passed the last PRT.

d. The CFL, Assistant CFL, and Departmental Coordinators will be listed in the semiannual Collateral Duties Assignment Notice.

/s/

B. R. DOWNS

Chief of Staff

Distribution:

List I (A and B only)